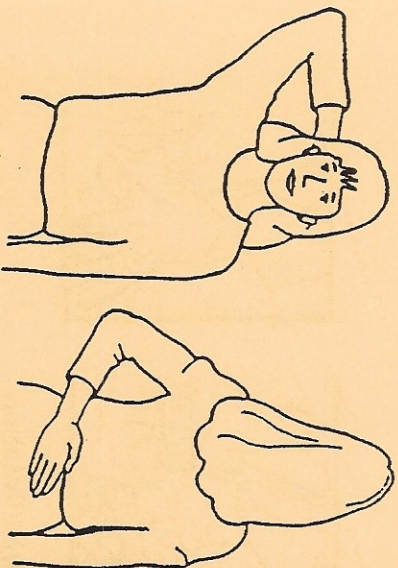


☐ **Elbow Exercise**

Bend, and straighten your elbows as fully as possible

Hold 5 seconds, 15 repetitions, 4 times per day.



☐ **Shoulder Rotation**

Turn your shoulder to reach the back of your head and the small of your back.

Hold 5 seconds, 15 repetitions, 4 times per day.



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❑ Finger Exercise

Make a fist, bending all the finger joints and then straighten all the fingers as much as possible.

Hold 5 seconds, 15 repetitions, 4 times per day.



❑ Grip

Place sponge roll or face cloth in the palm of the hand and squeeze.

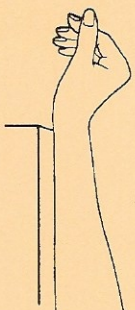
Hold 5 seconds, 15 repetitions, 4 times per day.



❑ Thumb Exercise

Slide your thumb across your palm toward your little finger, bending at the end joint of your thumb.

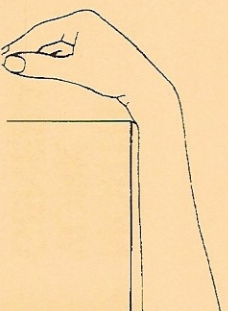
Hold 5 seconds, 15 repetitions, 4 times per day.



❑ Wrist Extension

Rest the injured hand off of the edge of a table. Keep your forearm stabilized on the table. Move your hand up as far as possible bending at your wrist while keeping your fingers relaxed.

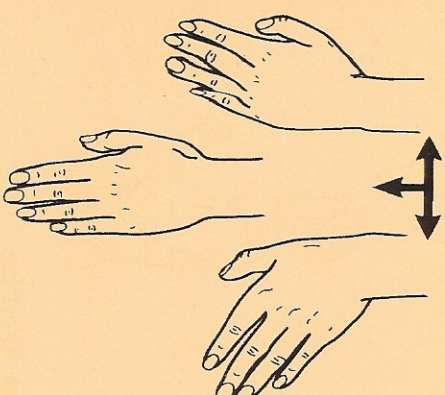
Hold 5 seconds, 15 repetitions, 4 times per day.



❑ Wrist Flexion

Rest the injured hand off of the edge of a table. Keep your forearm stabilized on the table. Move your hand down as far as possible bending at your wrist yet allowing your fingers to straighten.

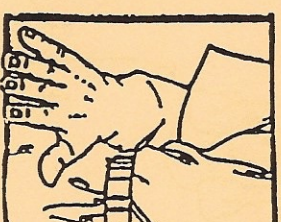
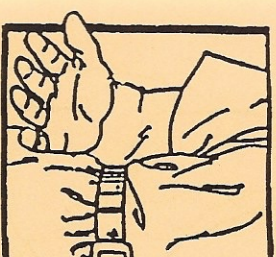
Hold 5 seconds, 15 repetitions, 4 times per day.



❑ Ulnar & Radial Deviation

Rest your hand and forearm on a table with your palm turned down. Move your hand side to side. Do not allow your forearm to move.

Hold 5 seconds, 15 repetitions, 4 times per day.



❑ Wrist Rotation

Hold your elbow bent at 90 degrees and tucked close to your side. Turn your palm towards the ceiling. Then turn your palm towards the floor. Do not move your elbows.

Hold 5 seconds, 15 repetitions, 4 times per day.